

# Trail running, get the right gear to safely enjoy the mountain

## 1 Sunglasses

Lightweight with a category 4 solar filter. They should also protect against lateral sunlight

## 2 Cap

Better with neck protection

## 3 Technical apparel

Lightweight and breathable in the summer, warm and insulating in the winter. T-shirts, windbreakers, running tights or trousers

## 4 Running shoes

Specifically for trail running, with good grip, reinforced insteps to protect your feet, and waterproof parts

## 6 High socks

They prevent pebbles, sand, twigs and other objects from entering your shoes

## 5 Collapsible trekking poles

They will help your balance, relieve some of the weight from your legs and clear obstacles



## 7 Rucksack

Preferentially equipped with an internal water bag. You can drink the water from a flexible tube without having to stop



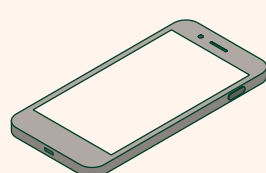
### Sun protection

On mountains, sun protection of at least SPF 50 is recommended. Apply it a half hour before starting your route



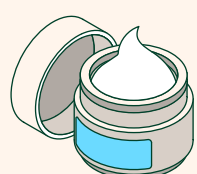
### GPS

Essential not to lose your way. Load the track of your routes!



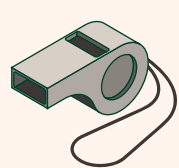
### Mobile phone

Carry a charged mobile phone and inform someone of the route before setting off. It is also a good idea to have an emergency contact in case it is necessary



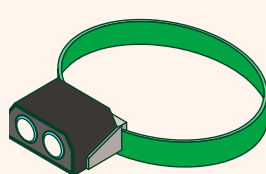
### Vaseline

To prevent chafing from your clothing or footwear



### Whistle

Very useful if you get lost, especially on foggy days



### Head torch

The criteria to choose the right model for you are brightness (lumens) and autonomy (running time)